



1-800-QUIT NOW

Indiana's Tobacco Quitline

IndianaQuitline.net • 800.784.8669

Patient Name _____ Date _____

Prescription QUIT USING TOBACCO.

Notes **CALL THE INDIANA TOBACCO QUITLINE (TOLL-FREE)
FOR FREE HELP TO QUIT SMOKING.**

Physician Signature

Getting professional help will increase your chances of success.

There's Never Been a Better Time to Quit



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To order more prescription pads,
call **317.234.1787**

SIX TIPS FOR SUCCESS

1 MAKE THE DECISION

- Set a quit date and stick to it.
- Think about past attempts—what worked, what didn't?

2 BUILD A SUPPORT SYSTEM

- Tell your family, friends and co-workers that you plan to quit.

3 MAKE THE CALL 1-800-QUIT-NOW

- Get the professional help you need to succeed.
- It's easy, it's confidential and best of all it's FREE.

4 ASK FOR MEDICATION AND USE IT CORRECTLY

- Talk with your doctor about nicotine replacement and other options.

5 LEARN NEW BEHAVIORS AND SKILLS

- Change your daily routine; plan something enjoyable each day.
- Drink a lot of water and avoid alcohol; reduce your stress.

6 BE PREPARED TO FIGHT

- Relapse or difficult things may happen; it takes many smokers many attempts to succeed.
- Think of quitting as practice. The more practice, the quicker you'll quit.